



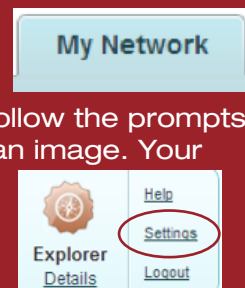
put your **HEART** into it **CONTEST!**

February is
American Heart
Month and to celebrate,
CareHere is giving away money!

Why should you enter the 'PUT YOUR HEART INTO IT' contest?
You should enter TO WIN MONEY...oh, and to learn more about heart
disease. Plus, it is really easy to participate!

HOW TO ENTER:

- o Go to CareHere Connect and click on the My Network tab and select Wellness Challenge Connect.
 - If you are not a member of the network, click on the "My Network" tab and follow the prompts to join the network. You will be asked to create a screen name and choose an image. Your screen name will remain permanently, but you may change your image as often as you'd like. If you want to change your image later, click on settings in the top right corner of the screen.
 - Participation in the network is anonymous.
- o Check the Wellness Challenge Connect board each day for a chance to enter the contest.
 - To make it easy, there will be a question posted every Monday (beginning 1/28/13) and a simple link to click on to submit an entry. This will enter you in the contest.
 - To make it interesting, there will be random BONUS questions, so check the board each day to see if it's a bonus question day. The more entries you have, the better your odds are of winning. You can submit one entry for each question. Winners will be chosen by drawing a name, so answer each question so your name will have a better chance of being drawn!
- o The questions for the contest will be easy to find. They will be listed as the first post on the Wellness Challenge Connect board all month.



1st Place: \$350 Visa gift card 2nd place: \$100 Visa gift card 3rd place: \$50 Visa gift card
Winners will be notified on February 28th.

GO RED: On February 1st the American Heart Association honors National Wear Red Day. 'Go Red for Women' is to promote awareness and education about women and heart disease. "Go Red" with us by changing your profile picture on the network to something that signifies your support of good heart health.

If you have any questions, contact wellness@carehere.com or 877-866-6430.